

# January 2016 Monthly Calendar

What's your happy? *Ready...*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Year's Day	2
3	4 <b>Web Focus:</b> It's 2016: Happy New Now!	5	6	7 <b>Webinar:</b> The ABCs of estate planning	8	9
10	11	12	13	14 <b>Webinar:</b> Investing in yourself through personal growth	15 <b>Web Focus:</b> States of happiness	16
17	18 <b>Martin Luther King Day</b>	19	20	21 <b>Webinar:</b> Stop to smell the roses: Finding joy in life	22	23
24	25	26	27	28 <b>Webinar:</b> Building self- esteem in children	29	30
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**January 2016 Awareness — Help your family enjoy a fit lifestyle**  
**Log in to your worklife website to register for upcoming webinars.**

All calls are confidential, except as required by law. This material is for informational purposes only. Information is believed to be accurate as of the production date; however, it is subject to change.